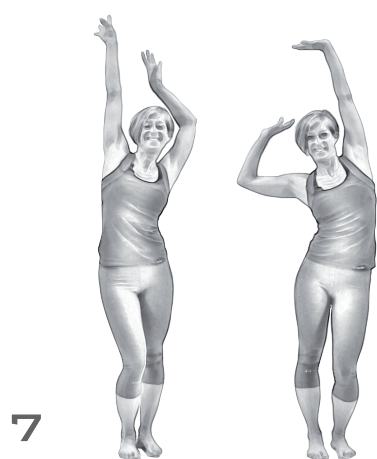
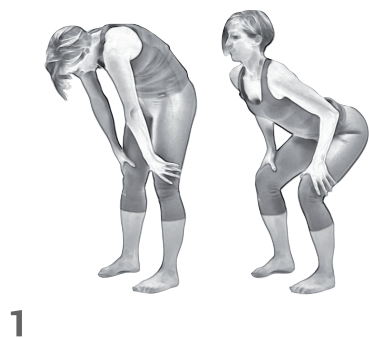




ÜBUNGSDAUER
EXERCISE TIME

Level I / II / III 45-60 Sek

PAUSE ZWISCHEN ÜBUNGEN
REST BETWEEN EXERCISES

Level I / II / III 0 Sek

DURCHGÄNGE
SETS

1